

# Stop Flu Before It Stops You!

Most flu complications are preventable with early action, awareness, & support at home.

## Steps to Protect Seniors This Flu Season



### 1. Vaccinate Early.

- Flu shots reduce hospitalization risk by 40–60%. (CDC )
- Encourage families and caregivers to vaccinate too. Protection spreads when everyone participates.

### 2. Practice Smart Hygiene.

- Wash hands  $\geq$  20 seconds with soap and water.
- Use sanitizer ( $\geq$  60 % alcohol) when on the go.
- Cover coughs/sneezes and dispose of tissues immediately.

### 3. Clean & Disinfect Common Areas.

- Wipe high-touch surfaces daily, such as doorknobs, phones, remotes, and light switches.
- Avoid shared utensils and cups.
- Increase ventilation when possible.

### 4. Watch for Early Warning Signs.

- Fever, fatigue, body aches, cough, or confusion can escalate quickly in older adults.
- Call your provider promptly because early treatment can prevent hospitalization.

### 5. Support Recovery & Reduce Exposure.

- Rest, hydration, and medication management are key.
- Avoid crowds and sick visitors.
- Maintain nutrition and monitor breathing or dizziness.

Source: Centers for Disease Control & Prevention CDC. <https://www.cdc.gov/flu/>

## How Home Care Helps...

- **Reduces exposure:** Caregivers can handle errands and appointments, so seniors stay home safely.
- **Monitors for early symptoms:** Trained eyes catch changes before they become emergencies.
- **Supports daily needs:** Nutrition, hydration, and medication reminders support faster recovery.
- **Coordinates care:** We communicate with family and providers to ensure seamless follow-up.



Contact us to schedule a complimentary **Flu-Season Home Safety & Wellness Check!**



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